

# YOUR HEALTH & WELL BEING



**CIGNA HealthCare**  
A Business of Caring.



## Beating the Holiday Buffet

### *And Other Holiday Health Tips*

Holiday parties, family get-togethers, office luncheons. This time of year, food is everywhere. Holiday eating should be pleasurable, so how can you navigate the holiday season and not regret those five extra pounds you have to deal with later?

#### **STEP UP THE EXERCISE**

If you're going to be eating more than usual, getting more activity will help you fight those extra calories. Try taking quick, 15-minute walks during the holiday season as a trade-off for eating more.

#### **BEAT THE BUFFET**

- Watch your proportions. Fill half your plate with fresh fruit and vegetables, a quarter with starch and another quarter with protein.
- Enjoy holiday foods in moderation. Don't deprive yourself of favorites, but don't overindulge.
- Avoid skipping meals. Starving yourself before a party or get-together increases the odds that you'll overeat once you get there. And eating before going to a party will actually help curb your appetite.
- Nibble, don't gulp. Eating more slowly helps you eat less and still feel satisfied.
- If the holiday party is at your house, send the leftovers home with your guests.



#### **LIQUIDS COUNT, TOO**

- Skip high-calorie beverages such as sodas, juices, smoothies and blended coffee drinks. There are nearly 150 calories in one 12-ounce can of soda or juice. Smoothies and coffee drinks are often 250 to 500 calories, not counting the whipped cream.
- Head for the table with the non-alcoholic drinks. Alcohol can stimulate your appetite and also contains a lot of "empty" calories.

Most important, be positive and enjoy the season. Remember that you control your weight; it doesn't control you.

Source: WebMD, 2005.

### *Did You Know?*

Did you know that your Body Mass Index (BMI) can help you determine if your weight is healthy? Grab your calculator and follow these steps:

- Multiply your weight by 703.
- Divide the result by your height, inches.
- Divide this result by your height, in inches, again.

You are at a healthy weight if the final number is between 18.5 and 24.9. If the final number is 25 or higher, you should consider losing weight. Remember that muscle weighs more than fat - you can be fit and very muscular and have a high BMI.

## 10,000 Steps is All it Takes

Most people know that regular exercise is important, but how many of us can find the time to fit it into our busy schedules? Now CIGNA HealthCare has the answer – “Just Walk 10,000 Steps-a-Day™.”

The program shows that you can benefit from consistent but shorter physical activity sessions throughout the day. Helpful, easy-to-use components include:

- An ACCUSPLIT X 120 pedometer to help employees measure their daily progress toward 10,000 steps.
- An online program so members can log daily steps, track progress and even receive coaching tips.
- Education materials, including a walking handbook, stretching instructions, weekly newsletters and an online “steps equivalent” chart to help employees translate other activities, such as biking or weight training into steps.
- The option to extend the online walking program for up to 52 weeks.

“Just Walk 10,000 Steps-a-Day” is part of our CIGNA Healthy Rewards® program. For more information on this and other value-added programs, visit [myCIGNA.com](http://myCIGNA.com) or call CIGNA HealthCare at the toll-free number on your ID card.

## Don't Just Watch Your Weight – Watch it Go Down

There are countless reasons to work toward a healthy weight. CIGNA members now have one more – discounts on Weight Watchers® programs through Healthy Rewards®, a CIGNA program that offers members discounts on a variety of complementary health products and services.

There are a variety of Weight Watchers options for CIGNA members to choose from, including:

### Traditional Group Meetings

Research shows that people who lose weight with group support have greater success than those who go it alone. All Weight Watchers leaders are role models because they have learned how to lose weight on the Weight Watchers program. A registration fee and a weekly fee are paid at the first meeting attended. CIGNA members receive free registration.

### Online

Weight Watchers Online is an Internet subscription product designed for those who cannot attend meetings. It offers 24-hour access to weight-loss tools, information and resources such as an online journal, meal plans, more than 800 recipes, a weight tracker, progress charts and much more.

For more information on Weight Watchers, visit [myCIGNA.com](http://myCIGNA.com) or call CIGNA HealthCare at the toll-free number on your ID card.

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**Some Healthy Rewards programs are not available in all states. Additionally, not all Healthy Rewards programs are available to members of CIGNA Dental Health of California, Inc. and CIGNA Behavioral Health of California, Inc. A discount program is NOT insurance, and the member must pay the entire discounted charge.**

## Did You Know?

Do weight complications make everyday life difficult? If so, now you have help through CIGNA Well Aware for Weight Complications<sup>SM</sup>. Our nurses can help you stop or reverse the unhealthy pattern of escalating weight gain by encouraging healthy nutrition, exercise and other lifestyle changes. To learn more, visit [myCIGNA.com](http://myCIGNA.com) or call CIGNA HealthCare Member Services at the toll-free number on your ID card.

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